

## Rules and Regulations

- All gardeners must be 55 years of age or older and have proof of their residence in Mountain View.
- Gardeners are expected to keep their plots productive.
- The combination to the garden lock is confidential and should not be shared with anyone.
- There is \$11.75 dollar collection that must be paid by all gardeners to help cover water usage, garden supplies, and overall garden maintenance.
- Garden plots are assigned ONLY by the Senior Center.
  - All structures must be approved by the Garden Committee prior to construction.
  - Any type of vegetable or flower may be planted. However, any plant that spreads roots or rhizomes must be constrained to a container.
  - There is no height restriction on individual plants. However, a group of tall plants (such as corn or sunflowers) or vines that cast unwanted substantial shadow on another plot are prohibited.
  - All plants and vines must be contained within the garden frame.
  - Gardeners must keep both their gardens and the pathways around their plots weed and obstruction free.
- No one under the age of 18 should be in the garden without an accompanying adult.
- Pets are not allowed in the garden area.
- Absence must not exceed 3 months within a 12 month period.
- No garbage or waste vegetation should be left in the garden area. Please use the designated trash receptacles.
- Annual, in-person registration of gardeners at the Senior Center is required.
- All gardeners are required to attend at least one meeting per year.

The City of Mountain View  
Creating community through  
People, Parks, and Programs.

## Senior Garden

A Guide to a successful Garden!

Summer Addition



For more information regarding the Senior Garden or for general questions please call the Senior Center at (650) 903-6330 or visit our website at [senior.center@mountainview.gov](mailto:senior.center@mountainview.gov).

## How to Garden

As long as you help your plants get off to a good start, they will have a fighting chance of producing a crop of food or flowers!

### Flowers:

- Work up the soil, make sure that it's a good consistency.
- Add fertilizer if you want a quicker growing flower, with bigger blossoms.
- Dig a hole slightly larger than the diameter of the roots.
- Gently push the dirt you dug up back in the hole and tap it gently to make sure the plant won't fall over.
- Water it consistently to assure the flowers life.



### Tomatoes:

- Find a sunny spot for your tomato plant to grow.
- Plants should be spaced out 12 to 18 inches apart from each other.
- Dig a hole about the size of a soccer ball.
- Place your tomato plant in the hole. Place a stake, tomato cage, or small trellis next to each plant. As the tomato plant grows, secure it loosely with soft twine. Check the ties periodically as the plant grows and adjust them accordingly.

### Butterflies:

- To attract beautiful butterflies, plant flowers that produce nectar.
- Butterflies prefer single flowers so they can access the nectar more easily. Compared

to flowers with many petals.

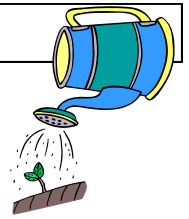
- The more colorful array of flowers you have in your garden, the more butterflies will want to come visit at your plot.



## ~Tips~

### Watering:

- The best time to water is in the morning or evening when the wind is calm and water loss through evaporation is minimal.
- Young or new plants require more moisture.
- Mature plants with large root systems can be watered heavily and less often than younger plants.
- Rule of thumb: provide an inch of water for each plant per week. (More water might be necessary in hot weather)
- Place hose guides at the edges of garden beds to keep the hose from crushing nearby plants when you pull it taut.



### Weed Control:

- The most critical time to control weeds is during the first few weeks after transplanting or sowing seeds.
- Cultivation—prior to planting, cultivate (loosen the soil) to expose weed seeds to sunlight and start them growing so in a few weeks, you can pull the weeds.
- Mulch—no matter what kind of mulch you use, it cuts down on weed growth.
- Moisture your gardening area to loosen the weeds roots and pull by hand.



### Gopher Problems:

- Excluding gophers with wire netting is one way to prevent gopher problems.
- Purchase mole repellent products from local gardening stores (Dried blood repellent is most effective).

### Gardening Tip:

More buddleias produce lavender or purple flowers, so use that hue as a starting point for choosing the colors of other flowers. Orange or any yellow contrasts nicely with purple too!